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Downtown set for business

The mayor is inviting employees back into the city's core following floods

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Mourning the firefighters

U.S. marks its biggest loss of firefighters in a wildfire in 80 years

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EGYPTIAN LEADER FACES ULTIMATUM

THE COUNTRY'S POWERFUL MILITARY WARNED ON MONDAY THAT IT WILL INTERVENE IF THE ISLAMIST PRESIDENT DOESN'T "MEET THE PEOPLE'S DEMANDS"

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'Our spirit runs deep'

City presses ahead.

Ongoing flood crisis makes way for Canada Day party



JEREMY NOLAÏS

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Thousands of Calgarians took the mayor up on his offer to turn out for a raucous Canada Day party Monday that served as proof the city could rise above murky floodwaters that began plaguing it less than two weeks prior.

By mid-morning, hundreds of residents had eagerly journeyed into Shaw Millennium Park, all of them decked out in supplied red or white shirts to form a "living flag."

The event appeared to go off without a hitch — no small feat given that the original epicentre of local Canada Day celebrations, Prince's Island Park, was submerged by flooding and not able to be repaired in time for typical July 1 festivities.

Quoted

'This is a happy environment compared to what we've seen.'

Dustin Stirling

Wearing his own Canuck-themed attire, Mayor Naheed Nenshi cautioned Calgarians Monday afternoon, saying, "We are in fact in the midst of a marathon."

"We have a lot of work to do, but have we ever proven over the last 12 days that we're up to it," Nenshi added. "Our compassion runs deep, our commitment runs deep, our resolve runs deep and our spirit runs deep. Onward."

The importance of the positive day wasn't lost on Dustin Stirling, who has been helping friends cope with flood damage at their home in Bowness.

"This is a happy environment compared to what we've seen," said Stirling, amongst hundreds at the park. "I think it's good to get together and celebrate like this."



Hundreds gather to form a living flag at Calgary's Shaw Millennium Park on Monday, waving at passing helicopters during Canada Day celebrations that allowed many to forget — at least temporarily — about the city's ongoing flood recovery. For more photos from the day's festivities, head to pages 14 and 15. JEREMY NOLAÏS/METRO

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Relief. Locals line up for cards

Lines snaked around four Calgary schools for much of the weekend as thousands displaced by flooding waited to get their hands on some relief in the form of preloaded debit cards.

Need varied greatly, with some saying they simply wanted to replace freezer groceries that spoiled when the power grid went offline in their neighbourhood.

Others, such as Chris Barembuch, found in line at Connaught School on Monday, are facing the prospects of picking up and moving their whole lives to a new locale. His Mission-area building was flooded so heavily it nearly reached his apartment on the second floor. Damage to the ground level will likely see the whole building shut anyway. At least, that's what Barembuch's neighbours have told him.

"Management hasn't said anything," he said. "We got sick of it.... We've already found another place."

Barembuch, however, isn't complaining. Instead, he's counting his lucky stars once again after also going through a harrowing 1987 ordeal on an open highway in Edmonton as a tornado ripped through town in what will forever be known as Black Friday.

"I have now survived two natural disasters," he said.

Residents will have one more opportunity to snag a debit card on Tuesday at four schools — Bowness, Connaught, Queen Elizabeth and Ernest Manning — which opened on Monday in response to demand.

"Nobody's complaining ... everybody understands these things take time," said Calgary police Const. Randy MacDonald, who was managing crowd flow at Connaught on Monday.

Compensation comes in the amount of \$1,250 for impacted adults and \$500 for children. You are advised to pre-register with the Red Cross before heading to a school.

JEREMY NOLAIS/METRO, WITH FILES FROM ALLISON PARDER/FOR METRO



Macleod Trail wasn't too busy on Monday, but it and other routes into downtown may be more clogged than usual due to an LRT line remaining offline as the city core gets largely back to normal on Tuesday. ROBSON FLETCHER/METRO

Downtown 'open for business': Nenshi

Congestion concerns. Parking, access from south will be challenges as core churns back to life



JEREMY NOLAIS
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Twelve days after floodwater began surging into Calgary at levels not seen in a lifetime, the mayor is inviting employees back to the downtown core.

But Naheed Nenshi conceded he has concerns over a lack of parking space — many lots were flooded heavily and efforts to pump them are ongoing — as well as access to the core from

the south, given that the LRT line in that direction remains offline.

"It's not going to be entirely business as usual tomorrow ... but I will tell you that downtown is open for business," Nenshi said in a Monday-afternoon briefing.

Progress has been made on many key roads. Memorial Drive is now open across four lanes, as are both levels of the Centre Street Bridge.

City crews have also restored the bridge at 25th Avenue S.W. to allow traffic, but will maintain a vehicle-weight restriction.

A transit-only lane has been established on Macleod Trail to help with commuting, and shuttle buses are running in lieu of the portion of LRT line that remains offline between the Heritage and City Hall stations.

"If you are driving on Macleod Trail Tuesday it will be a bit slower than normal and it's going to be bumpy — we have a lot of resurfacing work to do," Nenshi said.

Calgary Transit hopes to restore the LRT line completely in time for the start of the Calgary Stampede on Friday.

Nenshi said he's still encouraging downtown employers to make use of telecommuting where they can.

Power grids have been restored throughout the core but some buildings remain in the dark due to delays with owners properly completing damage assessments and cleanup, Nenshi said.

The core's situation appeared far more promising than that of the East Village next door, where more than 80 per cent of homes re-

'Vulnerable sector' first

Officials are targeting "vulnerable sector" buildings in the heavily flooded East Village area first, namely shelters and low-income seniors residences, and Burrell said 16 of 22 buildings fitting that description had been reopened as of Monday.

mained without power.

"There's very significant water damage in almost all buildings in the East Village," said Bruce Burrell, director of the Calgary Emergency Management Agency.

Over the weekend, the city sent out an advisory to residents in the village urging them to stay away unless instructed otherwise by a landlord or property manager.

1 NEWS

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From left: neighbours Brad Thomson and Ivan Feist stand with Travis Oslanski in front of Oslanski's Mission home, which has been condemned. ALLISON PARDER/FOR METRO

Landlord takes in stride news that house is condemned

Damage control.

City still uncertain how many homes, buildings will be demolished in wake of flooding

ALLISON PARDER

calgary@metronews.ca

After having just learned his house was to be condemned, Travis Oslanski celebrated his Canada Day by preparing to clean things out and board up the heavily flood-damaged property.

Even in tough circumstances, the landlord remained optimistic, smiling while getting the property ready for its demise.

"The tenants are dealing with being displaced," Oslan-

Displaced

700

A total 700 people remain in city-run evacuation centres, according to Mayor Naheed Nenshi.

ski said. "I'm really happy everyone's safe."

Upon his arrival at the house Monday morning, Oslanski found a celebratory Canadian flag had been placed on his property, likely from a Good Samaritan hoping to bring a smile to the owner on Canada Day.

"That's really cool to see," Oslanski said. "The support has been really amazing, there must have been 250 people here Monday helping people out."

Neighbours Ivan Feist and

Brad Thomson experienced severe damage to their flooded home as well, but said they're grateful their home won't be boarded up.

"We're just trying to hold our heads high," said Feist, while sipping a cold beer in celebration of the day. "It's devastating but we're holding our heads high."

The provincial government is helping provide financial support for people receiving news like Oslanski's, but there are likely many more ahead.

Mayor Naheed Nenshi said a top priority will be finding a place for all residents who have been permanently displaced.

"There are isolated pockets where it's going to be very difficult to go home very quickly," he said Monday.

WITH FILES FROM JEREMY NOLAI

Some Stampede events cancelled or moved

Calgary Stampede organizers say some signature events this year have been cancelled because flood repairs to the Saddledome cannot be completed in time.

Stampede spokesman Kurt Kadatz says the Calgary Flames have informed Stampede officials that the building won't be ready for the first five days of this year's festival.

Kadatz says the hockey organization is busy making repairs to the building so it will be ready for the Stampede concert series, which will be held during the second half of the Stampede.

He says the penning competition, which sees teams of riders separate three cattle from a herd, will be moved to the nearby community of Okotoks. But other events like the horse cutting and the vintage tractor pull will be cancelled entirely.

Record floodwaters filled the Saddledome up to the eighth row over a week ago, but days afterward, Stampede officials vowed this year's event would go ahead "come hell or high water" beginning this coming Friday.

"I know the Flames are



Parts of the Scotiabank Saddledome, seen here in a June 22 photo, were a "total loss" according to team president Ken King. METRO FILE

working really hard to deliver the Saddledome for us for the concert series," Kadatz said Sunday.

Performers for the series include Carly Rae Jepsen, Kiss, The Dixie Chicks and Tim McGraw.

According to a posting on the Stampede website about the penning competition, no other suitable replacement exists.

"As you are no doubt aware by now, the recent catastrophic flooding in Calgary has caused extremely serious

damage to the Saddledome," the posting reads.

"The fragile state of the flooring alone prohibits the heavy machinery and tons of dirt at this time, let alone the host of other major issues."

Crews have pumped millions of litres of water from the rodeo grounds, scraped mud, torn out and replaced drywall and have been sanitizing surfaces in Stampede Park just southeast of downtown as the days tick down to the opening parade later this week. THE CANADIAN PRESS

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No day off for Mission flood volunteers

Playing a role.

Three friends offer help, and a bit of booze, to volunteer cleanup crews

ALLISON
PARDER

calgary@metronews.ca

Despite Mayor Naheed Nenshi's suggestion that Calgarians swap their rubber boots for party shoes in cele-

bration of Canada Day, many local volunteers refused to take a day off from helping neighbours in need.

The particularly hard-hit community of Mission was abuzz on Monday with dozens of volunteer restoration crews, as well as others spreading cheer by offering workers cold beer and food.

Numerous tradesmen were also out offering their work free of charge to flood victims.

"You can't even go into a

house without there already being like 30 people in there helping," said Lyndee Kehler, who was volunteering in Mission on Monday with friends Nicole Swanson and Natasha Puka.

"We figured handing out beer would be a good idea," Swanson said. "It's hot out and it's Canada Day."

The three friends, who plan to continue their volunteer efforts by heading to High River next, said they were impressed by the

abundance of people supporting the volunteer workers with food, drinks and free services.

"We've been really well fed," Puka said. "There was a guy bringing shawarma and all kinds of things."

At an earlier volunteer job in Erlton, she added, a local chiropractor was going around offering free adjustments. "She realigned the back of the lady whose house we were working on," Puka said.




From left: Lyndee Kehler, Natasha Puka and Nicole Swanson raise their beers in celebration of Canada Day after spending their day volunteering in the flood-ravaged community of Mission. ALLISON PARDER/FOR METRO



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Artists play inspirational part

If three artists released three different songs, all with the same title, all within a week of each other, one would typically expect legal battles to ensue.

But not in flood-ravaged Alberta, where a trio of country-music artists have come out with separate tracks titled Hell or High Water, all with the same goal of lifting spirits and supporting relief efforts.

Country musicians Blake Reid of Cremona and Chelsea Cunningham of Sundre each

released their songs online last week and received sudden and widespread acclaim from Internet audiences.

"It just seemed to hit a chord with people," Cunningham said of her song, which was approaching 10,000 hits on YouTube after being mentioned on Chatelaine.com.

Reid's tune, meanwhile, received a retweet from Mayor Naheed Nenshi and "really snowballed" from there, he said.

Hell or High Water

"If people feel like they relate to it, then they can make a small donation that helps the flood victims." Country musician Blake Reid

His YouTube video crossed the 19,900-view threshold Monday evening.

Earlier Monday, the Calgary

Stampede released a free download of a new "anthem" for the 101st annual event, written by Marc Martel and also titled Hell or High Water.

The Stampede has used the slogan to sell tens of thousands of T-shirts and raise hundreds of thousands of dollars for the Canadian Red Cross, and event organizers are happy to see others share in the popularity of the phrase to support flood relief in their own ways.

ROBSON FLETCHER/METRO

A call to pantries

Food donations 'critically needed': Food bank

Officials with the Calgary Inter-Faith Food Bank have put out a call for "critically needed" items to aid thousands displaced by flooding.

Spokesperson Morissa Choptain said the organization is attempting to assist many new clients restocking their fridges or even simply those trying to keep volun-

teers aiding with cleanup hydrated and fed.

The food bank's warehouse has extended its hours to take in items and donations that can also be dropped off at Safeway, Co-op, Sobeys and Superstore.

Items being asked for urgently by the food bank include ready-to-eat meals, pop-top cans of meat, fish, vegetables, fruit and soup, instant cereals, soups and oatmeal, granola bars, snacks, juice boxes and replacement beverages.

JEREMY NOLAIS/METRO

City, state and nation mourn firefighters

Prescott, Ariz. Sudden shift in wind direction and speed blamed for boosting erratic blaze

As the windblown blaze suddenly swept toward them, an elite crew of firefighting "Hotshots" desperately rushed to get out their emergency shelters and take cover under the heat-resistant fabric.

By the time the flames had passed, 19 men lay dead in the United States' biggest loss of firefighters in a wildfire in 80 years.

The tragedy on Sunday evening all but wiped out the 20-member Granite Mountain Hotshots, a unit based in the small town of Prescott, local fire chief Dan Fraijo said as the last of the bodies were retrieved from the mountain. Only one member survived, and that was because he was moving the squad's truck at the time, authorities said.

The deaths plunged the town into mourning, and Arizona's governor called it "as



The wife of a firefighter who was killed hugs her father-in-law in front of Prescott Fire Station #7 on Monday.
DAVID WALLACE, THE ARIZONA REPUBLIC/THE ASSOCIATED PRESS

dark a day I can remember" and ordered flags to half-staff.

"We are heartbroken about what happened," said U.S. President Barack Obama. He predicted the tragedy will force government leaders to answer broader questions about how they handle in-

creasingly destructive and deadly wildfires.

The lightning-sparked fire — which had exploded to some 34 square kilometres by Monday morning — destroyed about 50 homes and threatened 250 others in and around Yarnell, a town of 700 people in the mountains

about 137 kilometres northwest of Phoenix, the Yavapai County Sheriff's Department said.

Residents huddled in shelters and restaurants, watching their homes burn on TV as flames lit up the night sky in the forest above the town.

It was unclear exactly

Gambit for survival

- As a last resort, Hotshot crews are trained to dig into the ground and get under a tent-like shelter made of fire-resistant material.
- The hope in that desperate situation is that the fire will burn over them.
- All 19 victims had deployed their shelters, according to Arizona Forestry Division spokesman Mike Reichling.
- Some of the firefighters were found inside them, while others were found outside the shelters.



The Granite Mountain Hotshots practise setting up emergency shelters near Prescott, Ariz., in 2012. CONNOR RADNOVICH, CRONKITE NEWS FILE/THE ASSOCIATED PRESS

how the firefighters became trapped. Southwest incident team leader Clay Templin said the crew and its commanders were following safety protocols, and it appears the fire's erratic nature simply overwhelmed them.

Brian Klimowski, meteorologist in charge of the Na-

tional Weather Service's Flagstaff office, said there was a sudden increase and shift in wind around the time of the tragedy. It's not known how powerful the winds were, but they were enough to cause the fire to grow to about 800 hectares from 80 in a matter of hours. **THE ASSOCIATED PRESS**

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Egypt's military standing by

'The people's demands'

Mohammed Morsi gets 48-hour ultimatum to reach agreement with his opponents or the military will intervene

Egypt's powerful military warned on Monday that it will intervene if the Islamist president doesn't "meet the people's demands," giving him and his opponents two days to reach an agreement in what it called a last chance. Hundreds of thousands of protesters massed for a second day calling on Mohammed Morsi to step down.

Military helicopters, some dangling Egyptian flags, swooped over Cairo's Tahrir Square where many broke into cheers with the army's announcement, read on state television. The statement seemed to fuel the flow of crowds into city squares around the country where protesters chanted and sang. The statement puts enor-

Chant

"Come out, el-Sissi. The people want to topple the regime!"

Protesters in the Nile Delta city of Mahalla el-Kubra changed, urging military chief Gen. Abdel-Fattah el-Sissi to intervene

mous pressure on Morsi and his Muslim Brotherhood. So far, the president has vowed he will remain in his position, but the opposition and crowds in the street — who numbered in the millions nationwide on Sunday — have made clear they will accept nothing less than his departure and a transition to early presidential elections.

Morsi met Monday with military chief Gen. Abdel-Fattah el-Sissi and Prime Minister Hesham Kandil, according to the president's Facebook page.

Troops in Cairo on Monday manned checkpoints on roads leading to a pro-Morsi rally of Islamists near his palace. They checked cars for weapons, after repeated reports some Islamists were arming themselves.

THE ASSOCIATED PRESS



Egyptian women react in Cairo on Monday to the military's 48-hour ultimatum for President Mohammed Morsi and opposition leaders to reach an agreement. AMR NABIL/THE ASSOCIATED PRESS

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Puerto Rico. Woman accused in Canadian husband's death arrested

A woman accused of hiring someone to kill her wealthy Canadian husband on the U.S. Caribbean island of Puerto Rico was arrested on Sunday in Spain after being sought for five years in the alleged murder-for-hire scheme.

Moises Quinones, the FBI's spokesman in Puerto Rico, said Aurea Vazquez Rijos was arrested by Spanish police at an airport in Madrid. The Puerto Rican suspect was taken into custody as she was getting off a flight from Italy, where she has lived for years and gave birth to another man's twins.

Abe Anhang, the victim's father, said authorities told him that Vazquez's sister and her former husband have also been charged and arrested in Puerto Rico in connection with his son's killing in 2005.

"We're hopeful that after such a long time that justice will be done," Abe Anhang said by telephone from his home in Winnipeg. "It's been almost five years since she's been a fugitive in Italy."

After Adam Anhang's murder, Vazquez refused to co-operate with investigators and filed a civil suit against her late husband's family, seeking \$1 mil-

Alleged murder-for-hire

A U.S. grand jury charged Vazquez in 2008 with offering a man \$3 million to kill her husband, real estate developer and Winnipeg native Adam Anhang.

- She denied the charges but refused to co-operate with investigators and fled Puerto Rico for Italy, where she lived in Florence and, more recently, Venice.

lion in damages and millions more from his estate. A judge in Puerto Rico dismissed her suit.

Anhang, 32, was beaten and stabbed to death in a popular tourist district of the Puerto Rican capital in September 2005 as he walked with Vazquez. She sustained minor injuries in the attack.

A wrongfully convicted Puerto Rican man spent eight months in a maximum security prison for the slaying of Anhang before being released in June 2008 after another man, Alex Pabon Colon, was indicted for the murder.

THE ASSOCIATED PRESS

Puppets4All

Palestinian show is right up Israel's Sesame Street

Puppeteers from the Israeli version of Sesame Street are protesting Israel's closure of a Palestinian puppet festival. Ariel Doron, who plays Elmo on the Israeli version of the children's television show, created a Facebook group named Puppets4All calling on Israel to permit the festival. Israeli police shut down the Palestinian national theatre in Jerusalem last week and cancelled the festival.

THE ASSOCIATED PRESS

Statute of limitations up

Lawsuits against ex-Elmo puppeteer tossed out

A judge has tossed out three lawsuits brought by men who said former Elmo puppeteer Kevin Clash sexually abused them when they were underage. The judge said the claims came more than six years after each man reasonably should have become aware of Clash's alleged violations.

THE ASSOCIATED PRESS



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After the storm. Statue of Liberty to welcome back visitors beginning July 4

The Statue of Liberty will finally welcome visitors again on July 4, months after Superstorm Sandy swamped her little island.

Sandy made landfall one day after the statue's 126th birthday. The storm flooded most of Liberty Island in New York Harbour. Lady Liberty herself was spared, but the surrounding grounds took a beating.

THE ASSOCIATED PRESS



Workers on Liberty Island install sod around the monument, which is set to re-open on the 4th of July in New York. THE ASSOCIATED PRESS

New York

Diplomat, wife ousted from club over breastfeeding

A Belgian diplomat says he and his wife were kicked out of a members-only New York restaurant because she was breastfeeding.

Tom Neijens, his wife and daughter went to the Metropolitan Country Club in White

Plains for lunch on June 8.

Neijens says that when his wife began to breastfeed, a manager asked them to leave because they were disturbing the members. The incident was resolved when Neijens produced State Department-issued identification.

The New York Post reported that club members told police they thought the couple were terrorists because they had a black backpack.

THE ASSOCIATED PRESS

Bikes make mark during Quebec's Moving Day



Benoît Robillard, who works for Deménagement Myette, a company that does moves by bike, moves a load in Montreal on Sunday. In Quebec, July 1 is not only Canada Day, but it's also known as Moving Day.

BENJAMIN SHINGLER/THE CANADIAN PRESS

Tradition. July 1 is known as Moving Day for thousands of renters in the province whose leases expire at the end of June

Having moved a dozen times before, Pascal Chavannes thought he'd try something a little different this year.

The Montrealer and his girlfriend hired a company that shuttled their collection of appliances by bike.

"It seemed fun and ecological, and it was a bit cheaper," Chavannes said as he took a break from shuttling the last few boxes down the winding staircase from his apartment, in the city's trendy Plateau neighbourhood.

"At least it changes the dynamic a little bit, because it gets boring. Moving is boring."

In Quebec, it can also be

On your bikes

Lately, a team of cyclists has also joined the fray of Moving Day.

- Deménagement Myette, a moving company founded in 2008 by cyclist Julien Myette, has quickly gained a reputation.
- Derek Colley, a mover with the company, argues the practice is not only practical, but also cheap.

chaotic.

July 1 is not only Canada Day in La Belle Province — it's also known as Moving Day for thousands of renters whose leases expire at the end of June. The tradition dates back to 1750, when the summer moving date was mandated to avoid having tenants evicted in the middle of the province's harsh winters.

THE CANADIAN PRESS

Tagged in the wrong photos this long weekend?
We have plenty of new job postings this week.

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"Number one job site" based on six-month average online job postings for period ending May 31, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2013 Workopolis.



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To help further, TD has donated \$100,000 to the Canadian Red Cross and will also be accepting donations on behalf of the Red Cross at all TD Canada Trust branches until July 26, 2013. We also invite Canadians to donate loose change at any of over 300 TD Coin Counter locations - free to everyone during this time. Additionally, TD will match all donations made through TD Canada Trust up to \$100,000. Visit td.com/coin

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Young boys read get-well messages outside the hospital where Nelson Mandela is being treated in Pretoria Monday. The former South African president remained in a critical condition on Monday. THEMBA HADEBE/THE ASSOCIATED PRESS

Mandela still able to draw people together

Makeshift shrines.

Hundreds of messages by South Africans and others celebrate the life and legacy of the 94-year-old icon

The spelling and grammar need work, but a 10-year-old's note to Nelson Mandela has its own eloquence: "You maid are land A beter place."

It is one of hundreds of messages that have been placed at two makeshift shrines, one at the hospital in downtown Pretoria where Mandela is being treated; the other is at

Tribute

"Families like ours exist partly because of you!"

Caption below a photo of two white women and two black children who are seated with a third woman in an apron who appears to be a housekeeper.

his home in Houghton, a tree-lined neighbourhood in Johannesburg.

Even in this most vulnerable moment, Mandela is again emerging as an enabler, this time for a new generation, across racial and gender lines. A swell of well-wishers has deposited letters, paintings, candles, stuffed bears and bouquets of flowers outside these

spots, reflecting the cathartic mood of a nation whose identity is so closely linked to an ailing man who is out of public sight.

The mood at these impromptu shrines is partly festive and partly mournful. His protracted illness, the final struggle of a momentous life, has become a time for national introspection and a chance for people to be a part of something bigger than themselves.

The former president is visited daily by his family, and on Monday the three other surviving defendants in the sabotage trial in which Mandela was sentenced to life in prison in 1964 visited the hospital.

THE ASSOCIATED PRESS

China

Visit thy parents, law commands

New wording in the law requiring people to visit or keep in touch with their elderly parents or risk being sued came into force Monday, as China faces increasing difficulty in caring for its aging population.

The amended law does little to change the status quo, however, because elderly parents in China already have been suing their adult children for emotional support and the new wording does not specify how often people must visit or clarify penalties for those who do not.

THE ASSOCIATED PRESS

Ashley Smith. Inquest breaks for summer

More to testify

When the inquest resumes Sept. 9, a few more witnesses from Grand Valley, including the warden and deputy warden, will offer their views. At least 50 more are slated to testify.

The downward spiral of despair to her untimely death began accelerating from the moment a troubled 15-year-old Ashley Smith, clutching a plush pink pig, entered a prison system poorly equipped to deal with the mentally ill.

Her crime: Throwing crab apples at a postal worker.

Four years later, Smith took her last gasps as those entrusted to keep her safe watched and dithered, apparently rendered monstrously inert by orders from above.

As the tortuous inquest into her death breaks for the summer at its half-way point, it has become obvious that many people in the

prison system cared deeply about her, while others cared more about their jobs, advancing their careers or pushing paper. Over the past six months, the inquest has heard from more than 50 witnesses: Guards, a pilot, middle managers, psychologists, psychiatrists and nurses.

THE CANADIAN PRESS

Everybody's doing it, says Obama of EU spying claims

NSA leak. President tries to mute blowback over reported EU eavesdropping

President Barack Obama brushed aside sharp European criticism on Monday, suggesting that all nations spy on each other as the French and Germans expressed outrage over alleged U.S. eavesdropping on European Union diplomats. American analyst-turned-leaker Edward Snowden, believed to still be at the Moscow international airport, applied for political asylum in Russia.

Russian President Vladimir Putin, in a statement he acknowledged sounded odd, told reporters in Moscow that Snowden would have to stop leaking U.S. secrets if he wanted asylum in Russia. At the same time, Putin said he had no plans to turn Snowden over to the United States.

A statement purportedly by Snowden and posted Monday on the Wikileaks website criticized Obama for "using citizenship as a weapon. The statement could not be independently authenticated as being from Snowden himself.

Obama, in an African news conference with Tanzanian President Jakaya Kikwete, said the U.S. would provide allies with information about new reports that the National Security

Unexpected ultimatum

"If he wants to stay here ... he must stop his activities aimed at inflicting damage on our American partners."

Russian President Vladimir Putin, on allowing Edward Snowden to stay in Russia

Agency had bugged EU offices in Washington, New York and Brussels. But he also suggested such activity by governments would hardly be unusual.

"We should stipulate that every intelligence service ... here's one thing that they're going to be doing: They're going to be trying to understand the world better," he said. "If that weren't the case, then there'd be no use for an intelligence service."

THE ASSOCIATED PRESS



Barack Obama speaks at a business forum in Dar Es Salaam, Tanzania, on Monday. THE ASSOCIATED PRESS

Same-sex marriages. Gay U.S. couple the first to receive benefits: Lawyer

A Bulgarian graduate student and his American husband became the first gay couple in the United States to have their application for immigration benefits approved after the Supreme Court ruling on same-sex marriages, their lawyer said.

The approval means Traian Popov, here on a student visa, will be able to apply for a green card, and eventually U.S. citizenship. But he won't be able

to work or visit his family back home for at least another three to six months while his application benefits are being processed. And his marriage to Julian Marsh, performed in New York, still won't be recognized in Florida where they live.

"It's unbelievable how that impacts you," Marsh said. "They make you feel ... like a second-class citizen.... And that's how I feel about Florida."

THE ASSOCIATED PRESS



Cops cool off rainbow mob

A police officer is sprayed by onlookers during the 33rd annual Pride Parade in Toronto on Sunday. Standing on garbage cans and climbing atop roofs along Toronto's Yonge Street, crowds estimated in the hundreds of thousands by Toronto police sprayed water and waved rainbow flags in celebration of what has traditionally been the largest event of its kind in the country.

MICHELLE SIU/THE CANADIAN PRESS

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The devastation caused by the flooding throughout Alberta has been unprecedented. But so have the spirit and strength of its people. As the recovery continues, we at CIBC want to help. To our clients affected by the flood, we're offering solutions to deal with disruptions to incomes and increased expenses. For example, we may be able to defer certain payments or credit fees to help ease your financial concerns. And that's just a start. Please contact your local CIBC Advisor to discuss your specific needs or find out more at cibc.com.

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3 Sunny Set

Matt Blais performs for a downtown crowd under a blistering afternoon sun.

Calgary celebrates Canada Day



ROBSON FLETCHER/METRO

1 Fighter fly-by.

Two CF-18 fighter jets zoom over downtown Calgary in celebration of Canada Day.

2 Piano practice

Maninho Baltazar, front, and Jose Neto make use of the outdoor piano on Stephen Avenue.



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the rain is gone



ROBSON FLETCHER/METRO

4 Flava flag

Fourteen-month-old Grace Louie takes a little nibble of her Canadian flag.



JEREMY NOLAIS/METRO



ROBSON FLETCHER/METRO

5 Packed with people


It was shoulder-to-shoulder along the Stephen Avenue pedestrian mall for most of the day.

6 The Nenshi

Mayor Naheed Nenshi addresses a cheering crowd at Shaw Millennium Park.

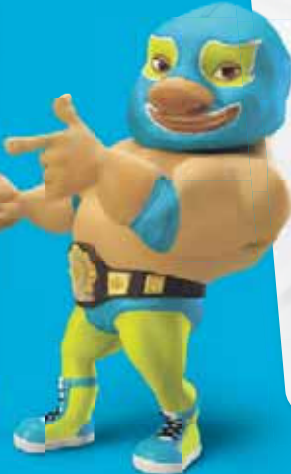


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Mark Carney, the new governor of the Bank of England, attends a briefing with officials on his first day on the job inside the central bank's headquarters in London on Monday. JASON ALDEN/POOL/THE ASSOCIATED PRESS

It's Canada's day at the Bank of England

Auspicious start date.
Mark Carney kicks off new job in London amid high expectations

Canadian Mark Carney, the first non-Brit to run the Bank of England in its 319-year history, has started work amid hopes that he can help revive the economy.

Carney beamed as he arrived by Underground before

7 a.m. on Monday. Looming on his agenda is a Monetary Policy Committee later this week. The nine committee members will discuss whether to expand a stimulus plan that has pumped about \$600 billion into the economy since 2009.

The economy is still struggling. It grew just 0.3 per cent in the first quarter this year compared with the previous quarter.

The 48-year-old former gov-

Quoted

"He's got that charisma. People will warm to him."

Paul Kavanagh, senior market strategist for Killik & Co.

ernor of the Bank of Canada has been lauded for steering Canada through the 2008 financial crisis and for overseeing the fastest recovery of any G8 country. **THE ASSOCIATED PRESS**

Digital copyright. Court puts off class-action decision in Google book-scanning fight

A U.S. federal appeals court in New York says it is too early for authors to be considered as a group in litigation challenging Google Inc.'s plan to create the world's largest digital library.

The 2nd U.S. Circuit Court of Appeals said in a ruling Monday that a judge must consider fair-use issues before deciding whether to consider authors as a class. The court says neither side will be harmed by a delay in

deciding whether the Authors Guild can represent all writers.

So far, Google has copied more than 20 million books. The three-judge appeals panel that heard arguments earlier this year seemed reluctant to get in the way of the plans.

One judge said it would be a "huge advantage" for many authors while another said it would have "enormous societal benefit." **THE ASSOCIATED PRESS**



A staff member at the University of Michigan's Buhr Shelving Facility stands amid 2.4 million books scheduled to be digitized in this 2004 file photo. A legal battle over Google's book-scanning project has been prolonged by a U.S. federal appeals court. **THE DETROIT NEWS/THE ASSOCIATED PRESS FILE**

Debit-card fees

McDonald's franchise offers more payroll options after suit

A McDonald's franchise in Pennsylvania promised to give employees more payment options after it was sued by a former employee who said she was charged a fee to access her wages from a debit card.

Employees of 16 McDonald's restaurants in northeastern Pennsylvania will be given the option of getting paid via direct deposit or paper cheque, company spokeswoman Christina Mueller-Curran said Monday. They'll also continue to have the ability to use payroll cards.

In her lawsuit, ex-employee Natalie Gunshannon said she was charged \$1.50 to withdraw cash. The lawsuit focused attention on the practice of paying low-wage employees via debit cards that can be laden with fees. **THE ASSOCIATED PRESS**



A SPECIAL THANKS TO ALL CALGARIANS

The past week, we all came together as a community, to respond to the worst natural disaster in Calgary's history. From the initial emergency response, to the evacuation of more than 75,000 Calgarians, to the recovery efforts that are now underway, this crisis has defined our community. To our fellow Calgarians who lost so much, know that our hearts and prayers are with you.

Each and every day we witnessed your loss, your sacrifice and the kindness and compassion you shared with one another. We were also overwhelmed by the appreciation and support you gave us. From the many companies and individuals who arrived at our headquarters building with food and supplies, to the individual acts of kindness on the street far too many to mention. Please know that your thoughtful gestures – hugs, fresh baked cookies left on the trunk of a cruiser or the thank you notes shared on social media or tucked under a wiper blade – all meant a great deal to us as we supported flood-related activities.

The biggest thanks, however, should be reserved for you. Calgarians displayed an unbelievable level of patience, understanding and cooperation, as we moved to stabilize our city and started to rebuild the communities affected. You allowed us to do our work and offered unquestioned support and encouragement as we did. Where else but in Calgary could you have a disaster of this magnitude, yet see the preservation of law and order remain throughout? Where else but in Calgary would you see major businesses suspend operations, and encourage employees to support clean-up efforts, or arrive on scene with equipment, generators and supplies – all at no cost? You stood shoulder to shoulder with us during the past week and may never know the true impact your contributions had in the success of managing this disaster.

We also want to thank our media partners for the incredible job they have done throughout this crisis. You played a pivotal role in keeping our families and all Calgarians up-to-date and informed, as the days and long hours moved along. Our job was made easier because of the outstanding job you did in pushing out critical information to the community in a timely manner. You sought out the truly important stories that offered hope and inspired others during these desperate times.

Finally, we wish to acknowledge the great work that was done by Mayor Naheed Nenshi, Chief Bruce Burrell, our incredible partners in the Calgary Emergency Operations Centre, and the amazing emergency response partners that we had the privilege of working with during these long days and nights.

Our work is not done yet, and we know we have a long and arduous road ahead of us. But we also know we have an incredible city, incredible citizens, and a spirit and resiliency that will see us better and stronger than ever.

We are proud to be part of that team and thank you for everything you have done in support of us.

Sincerely,

The men and women of the Calgary Police Service



BREAKING BREAD OR DEAL-BREAKING?

People are funny about food: They can be picky or paranoid or entirely self-righteous about the types of things they put in their mouths and the manner in which they do it. It helps when we find a partner who complements our own eating habits, or at least someone who doesn't make a big deal about our neuroses.

Partners can influence each other's dietary preferences, for better or worse. My health-conscious boyfriend has turned me into a person who always orders a vegetable side dish so that I have something green at every meal. In turn, I introduced him to the concept of brunch. But while it might be nice to encourage each other to embrace better nutrition or be more adventurous with our palates, some extreme-eating



SHE SAYS
Jessica Napier
metronews.ca

habits are hard to handle.

Could a carnivorous meat lover ever successfully date a vegetarian? What about a vegan? And how long would any of us last with an obsessive carbohydrate-phobic calorie counter?

At what point does one's food preferences become a relationship deal-breaker?

Our attitudes about what we eat can change and evolve, but culinary choices also reflect the types of lifestyles we want to lead. Food can be ideological, and sometimes people can become fanatical about preaching their dietary dogma at the dinner table. Anyone who has ever suffered through a meal with a "Paleo" dieter or a Weight Watchers acolyte understands how annoying this can be. Don't get me wrong: It's not that I don't applaud efforts to lose weight or become healthy.

I just don't want to hear a sanctimonious speech about how many "points" are in a slice of cheesecake as I'm ordering it.

When it comes to dietary habits, there has to be some common ground. You might think it shallow to place so much value on food preferences — it's just caloric energy, after all — but if he's all kale and quinoa and your heart pines for processed-cheese slices and red meat, it's going to be a lot harder to make it work.

Culinary compatibility might not be the most important thing when it comes to searching for a long-term life partner, but it's definitely a nice bonus. Sharing a nice meal together is one of my favourite activities, and it's just so much more satisfying when both parties can agree on a restaurant choice. Then again, Jack Sprat could eat no fat and he and his wife found a way to make it work.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Celebrity facemash



Mashup photography

Recognize these famous faces?

Marc Ghali has a knack for spotting look-alikes from history. In his series Then and Now, the Toronto-based graphic designer combines the faces of celebrities to create striking mashups of Princess Diana and Kate Middleton, and Malcolm X and Barack Obama, among others.

Q&A

"Like solving a human puzzle"

MARC GHALI
Freelance designer/media content manager, 30, from Toronto

How would you describe your photos?

I would use just one word: Juxtapose.

It must have taken you a

long time to find similar celebs and compositions in the original photos.

It took hours of research, trial and error. It was like solving a human puzzle. I had several ideas of how to fit the pieces together, but at times it became difficult.

These pictures suggest that the doppelgängers share and take on each other's personal identities ...

People naturally have a tendency to compare public figures to their historical equivalents, in music, sports, entertainment and politics. The last great person to do anything is always a measuring stick for the ones who follow. I think doing it visually creates a stronger emotional reaction and allows you to challenge your thinking.

METRO WORLD NEWS

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

Music and audiobooks are all well and good, but sometimes the daily commute, stroll or bubble bath can be the perfect opportunity just to learn something. Here are a few philosophy podcasts to help expand your horizons. Or just leave you baffled.

Point of Inquiry:

Journalist Chris Mooney and neuroscientist Indre Viskontas welcome a revolving door of very smart guests such as Mary Roach and Neil deGrasse Tyson to talk ethics, philosophy and science from a skeptic's point of view.

John Locke Lectures:

Held every year at Oxford University, the John Locke Lectures consist of six-part stem-winders that have been delivered by some of the world's most distinguished academics. Sadly, the audio lives up to the name because it sounds very much like a lecture hall. But the wide range of topics available in the iTunes archive is fascinating.



There's a vast range of topics available in the iTunes archive of the John Locke Lectures held every year at Oxford University. GETTY IMAGES

In Our Time:

While it may be unfair to call this BBC institution a philosophy show, Melvyn Bragg's panel series covers every conceivable aspect of science and history, including great works and those who wrote them.

Twitter

@BrentButt: HAPPY CANADA DAY! Gonna throw a couple pucks on the BBQ, tip back a few rye'n'maplesyrups, and just relax around the igloo cranking RUSH.

@Cmdr_Hadfield 7h: Punctuation optional, prideful bemusement pervasive. "@stephenfry: Oh, Canada!"

Oh!! Canada? Oh CANADA! Oh? Canada... etc #CanadaDay"

@TypeACubed: Peanut Butter, wonderbra, bag tags etc >> 19 Things You Might Not Know Were Invented in Canada <http://zite.to/1b1PBtf> via @zite

@PMJAMacdonald: Another annexation-free year is complete! Happy Dominion Day everybody!

WE WANT TO HEAR FROM YOU:
Send us your comments: calgaryletters@metronews.ca

Cinema Review



Despicable Me II

Stars. Steve Carell, Kristen Wiig

Directors. Pierre Coffin, Chris Renaud

Despite the humdrum story Despicable Me 2 is great fun. Former villain Gru (Steve Carell) is now a doting single father lured back into the life, but this time working for the Anti Villain League with partner (and love interest) Lucy (Kristen Wiig). The predictable plot could have written itself, but the inventive gags contained within are the reason to take the whole family.

RICHARD CROUSE

Box Office news

\$40M ladies bring The Heat

Sandra Bullock and Melissa McCarthy brought The Heat against Channing Tatum and Jamie Foxx at the box office. The action-comedy about mismatched detectives earned \$40 million in its opening weekend, topping the \$25.7M debut haul of Foxx and Tatum's White House Down. The Disney-Pixar animated prequel Monsters University remained box-office valedictorian in its second weekend, earning \$46.1 million in first place.

THE ASSOCIATED PRESS

How Mrs. Funbags made a comedy

On-set antics. With playful Sam Rockwell and ad-lib inclined directors and writers, Maya Rudolph had lots of fun making The Way, Way Back

NED EHRBAR

Metro World News in Hollywood

Maya Rudolph has learned to be careful about giving herself a nickname around Sam Rockwell, as he apparently would not stop working one particular moniker into conversation during interviews for The Way, Way Back, their new comedy.

"I referred to myself earlier in the afternoon as Mrs. Funbags, and it has not seemed to cease — which by the way, I'm very happy about it," she says.

"Not to mention it came out of my mouth. But I'm enjoying it. I hope when we're 80 I am known as Funbags."

Goofing off comes naturally. Most of the adult cast of The Way, Way Back — including Rockwell, Steve Carell, Allison Janney, Rob Corddry, Amanda Peet and Toni Colette — have backgrounds in improvisation, which was handy since co-writers and directors Nat Faxon and Jim Rash are big improvisers themselves.

"It's more just like a natural part of Jim and Nat, so I knew it would come out here and there," Rudolph says.

"But it wasn't necessarily like a Waiting for Guffman, like a completely improvised movie — although that would be fun, too. It's



Sam Rockwell, left, Liam James and Maya Rudolph in The Way, Way Back. GETTY IMAGES

just a natural ... weapon. You bust it out. It's like nunchuks. I always carry nunchuks."

Yes, she insists, comedy is a weapon. "Sometimes a delicate weapon."

Rudolph and her co-stars speak fondly of their experience filming The Way, Way

Back, which is understandable since the film — set during summer vacation in a Massachusetts beach town — was also filmed during summer vacation in a Massachusetts beach town.

"It was rough, getting paid to eat lobster rolls," Rudolph offers. "Yeah, New

Teen in the mix

Old helping the young.

The Way, Way Back is a coming-of-age story for its 14-year-old protagonist, Duncan (Liam James), and on the set of the film James — who was 15 during the shoot — had an impressive handful of adult actors to help him come of age himself. At least Maya Rudolph tried to keep it clean.

Maya Rudolph's method.

"We got into some stupid (iPhone) apps. That was my contribution to his youth, I introduced him to stupid apps," she says of her time goofing off with James. "There was a photo one, maybe it was OldBooth. I always turn people on to OldBooth. It's the one where you can stick your face into an old high school photo — like '50s, '60s portraits — and then you have, like, a crazy afro. It's really enjoyable and it's G-rated."

England summer is really pretty idyllic. Especially being there for the Fourth of July and being there with friends. (Faxon and Rash) wanted this experience to be what summers growing up on the East Coast were supposed to be. You really felt that the whole time we were making it.

"I think East Coast people — New Englanders especially — really appreciate summer. They don't take it for granted like we do out (in California). It's like, 'Let's do this! It's time to get wet and burned and eats some stuff.' And then it's going to get cold again."

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Paula Deen

Don't lose your appetite: Deen's buns requested outside of the kitchen

Know what's grosser than watching Paula Deen slather her food with butter and grease? Watching Paula Deen slather her naked body with butter and grease. We're sincerely hoping that the disgraced food empire queen doesn't accept a recent job offer she reportedly just received from a porn site. If Paula Deen accepts a job offer from a porn

site, we're cancelling the Internet.

According to TMZ, an adult website called PureMature.com (it specializes in geriatric sexy times) sent Deen a letter offering her a six-figure (seriously?) gig. In said letter, Deen was praised as their ideal star: "Full figured or thin, arthritic or diabetic ... you embody our perfect spokesperson."

Ace of hearts: Stork brings baby boy for Simpson

Jessica Simpson's daughter has a new playmate — a baby brother named Ace.

Simpson's rep confirmed that the entertainer gave birth to Ace Knute in Los Angeles on Sunday via planned C-section. The details were first reported by Us Weekly.

This is the second child for

Simpson and her fiancé, Eric Johnson. Simpson gave birth to daughter Maxwell last year.

Simpson, who got her start as a singer and has a successful apparel and accessories line, most recently appeared on NBC's Fashion Star.

THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes the Week



Kardashian conspiracies and boy band beatdowns



STARGAZING
Malene Arpe
scene@metronews.ca

• **Singer Aaron Carter**, brother of Backstreet Boys' Nick Carter, claims he got beat up in Boston by grown men yelling, "this is the town of the New Kids." You'd think the Wahlbergs would have better things to do.

• **Jim Carrey** says he cannot in good conscience support his new movie *Kick-Ass 2* due to the level of violence. In unrelated news, Will Smith admits he can no longer support *After Earth* due to the level of terrible.

• **Arnold Schwarzenegger** will play a leading role in an upcoming zombie movie. Possible tag lines include:

- 1) "Hasta gnaw vista, baby."
- 2) "If it bleeds, we can eat it."
- 3) "Put that brain down. Now."
- 4) "It's not a tumour. But if it is, I'll eat that too."
- 5) "Consider cat a first course."
- 6) "I'll be snack."

• **Kim Kardashian** reportedly mails her friends some photos of a random baby in a clever attempt to find out who of them might try to sell the pictures. Coming up next week on *Solving Pre-Crime With The Kardashians*: Who will steal Kris's new wig? What are the spies living in Bruce Jenner's car looking for? If every family member wears a mask resembling another family member and then rob a bank, will that make them more or less creepy?



Jennifer Lopez

Lopez loses cred for crooning to infamous dictator

Jennifer Lopez is under fire for performing a private show in the former Soviet bloc country of Turkmenistan (including a rendition of Happy Birthday, Mr. President) for the country's leader, Gurbanguly Berdimuhamedow — who is apparently not a cool guy.

And by not a cool guy, we mean that Human Rights Watch have named him as being "among the most repressive (leaders) in the world" and that he's known for rampantly violating human rights and torturing people.

Twitter



@rickygervais

If you go to church today, pray that I have a great day, take the piss on Twitter & get drunk on champagne tonight. I bet it works.



@lenadunham

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How to fix your metabolism

Food. Nutritionist Haylie Pomroy's bestselling *The Fast Metabolism Diet* claims to trigger weight loss by rotation of food groups — she even lets you eat carbs. Yep, carbs.

ROMINA
MCGUINNESS
wellness@metronews.ca

"A high-protein, low-fat, low-carbohydrate diet will just slow your body down," warns J.Lo's nutritionist Haylie Pomroy, author of *The Fast Metabolism Diet*, a 28-day program designed to heal broken mechanisms in the body.

The plan requires you to

eat three different ways a week, for four weeks.

And it claims it could help you lose up to 20 pounds in that time.

"The systematic rotation of targeted foods on specific days and at strategic times will help your body become more efficient at converting food into energy, which is basically what your metabolism is," she explains.

When on the diet you must

- 1 Eat 5 times a day: 2 snacks & 3 meals
- 2 Eat every 3 to 4 hours when awake
- 3 Eat within 30 minutes of waking
- 4 Stay on the plan for the full 28 days
- 5 Stick to the foods allowed in each phase
- 6 Drink half of your body weight in ounces of water, every day



Day 1&2: Phase 1

HIGH CARB + LOW FAT + MODERATE PROTEIN = UNWIND STRESS

"The first thing we need to do is calm the body down and we do so by flooding it with tons of easily accessible nutrients. When we're under a lot of biological stress such as weight gain, we tend to crave junk food as the quick infusion of sugar is very soothing," Pomroy tells Metro.

In this phase, you get to eat plenty of natural sugars (found in complex carbohydrates and high-glycemic fruit and vegetables) to stimulate the endorphins in your brain and help pull your body out of an adrenal crisis.

"However, we keep our protein and fat intake very low, as getting energy out of them requires a lot of effort," she adds.

FOOD LIST

Sweet potato, kale, pineapples, cherries, mangos, brown rice, spelt pretzels, corned beef

DAY 3&4: Phase 2

HIGH PROTEIN + LOW CARB + LOW FAT = UNLOCK FAT STORES

Here, the focus is on lean proteins and high fibre vegetables that will push your metabolism to lay down muscle and access fat for fuel.

"Muscle is built from amino acids, which come from the breakdown of consumed protein. But in order to metabolize protein in the first place, your body needs the nutrients from fat," says Pomroy.

And assuming we provided very little of it in phase one, the only place to go is your own fat stores.

"Many high protein diets cause your body to become very acidic, which can trigger inflammation, bad digestion and pain. So we balance that with tons of alkalizing vegetables to regulate the body's PH and make the protein easier to digest," she adds.

FOOD LIST

Asparagus, oysters, chicken, salmon, egg whites, Tabasco, lemons, raw cacao powder.



DAY 5-7: Phase 3

UNLEASH THE BURN: HIGH FAT + LOW CARB + LOW PROTEIN = THE BURN

"All week, we've been supplying our bodies with nutrients from carbs, green vegetables and lean protein and in the absence of dietary fat, the body has turned to its own stores in order to build muscle. We now make the fats really high because ironically, eating fat after not eating it for a few days makes you burn it like crazy. This is an intense phase in the sense that we're asking our body to be super efficient at converting fat into fuel," explains Pomroy.

This is why we then go right back to phase one, where nutrients from food are once again easy to access. Repeat this three-phase cycle for 28 days.

FOOD LIST

Avocados, coconut, cranberries, eggs, pistachios, olive oil, pecans, hummus.

Notice of Hearing for Supervision Order To Joel Deljoice

Take notice that on the 12th day of July, 2013 at 2:00 p.m., at Calgary Family Court, Courtroom #1205, 601 – 5th Street SW, Calgary, Alberta, a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Supervision Order** of your children born on **June 8, 1998, February 1, 2000 and January 30, 2002**. If you wish to speak to this matter in court, you **MUST** appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Diane Charlebois; Jackie Ellice; Daniela Eggink

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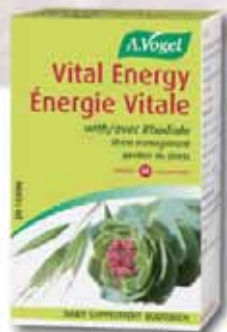
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It's a slippery slope, not all the cooking oils are created equal

Health options.

Weight loss author walks you through the best oils to use and dispels myths when it comes to the kitchen

LINDA CLARKE
Metro World News

With so many cooking oils on store shelves, which is the best for you? Registered dietitian Marla Heller, author of *The DASH Diet Weight Loss Solution* and *The Everyday Dash Diet Cookbook*, gave us the slick truth.

Olive oil

"I always go with what's been proven over periods of time," Heller says. "In the Mediterranean, there are lower rates of heart disease and breast cancer, and they use olive oil. It's monounsaturated — the kind that's healthiest."

The wonder pour's only caveat? "It shouldn't be heated to high temperatures," she says.

Soy, corn and canola oil

"These can be used for higher-temperature cooking, and are neutral-tasting oils, so they're good for baking," Heller says.

But don't go crazy. "You don't want to use these too often because they're high in Omega 6,

More from Heller

On one popular oil supplements.

- **Flaxseed.** "I'm a fence-sitter on flax. It is high in alpha-linolenic acid, which is essential for health and is anti-inflammatory. But the body isn't going to convert as much ALA from flax."

which is a polyunsaturated oil and is thought to raise inflammation. (Inflammation) is behind so many diseases, including heart disease."

Sunflower oil

"This is high in polyunsaturated fats, which in the 1970s were thought to be healthy," she says. "Polyunsaturated do lower blood cholesterol, but the thinking now is that they potentially increase inflammation. Personally, I'm skeptical."

Coconut oil

"There's been a lot of hype about it over the past few years," Heller says. "It has a high level of saturated fat. Places where it's used as a main source for cooking have a higher level of obesity, diabetes and heart disease. I think it can be problematic for people with high cholesterol."



Get informed about using cooking oils. ISTOCK PHOTOS

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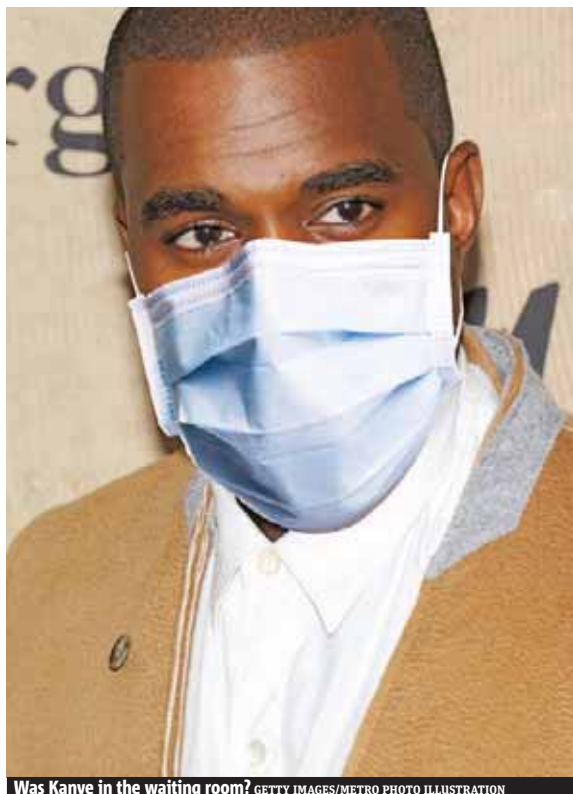


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Delivery-room dads: Accessory or necessity?



Was Kanye in the waiting room? GETTY IMAGES/METRO PHOTO ILLUSTRATION

Trend. Men used to be kept well away from the delivery room. Now, they're guilt-tripped if they're absent during birth. Experts tell Metro why there's no real need for your partner to see you push.

ROMINA MCGUINNESS
romina.mcguinness@metro.lu

When rapper Kanye West let slip that he may not be in the delivery room when his girlfriend, reality TV star Kim Kardashian, gave birth, because "he's very squeamish and doesn't want to be around blood," fans were quick to judge.

One comment on Yahoo.com, read, "That dude weak as #@\$%. Studio gangsters these days."

Their baby girl was born on June 15th, five weeks early, and rumour is, he was

there. But does a man need to be in the delivery room?

Men and the pressure

These days, dads are under a lot of pressure to be more involved in general, Dean Beaumont, author of *The Expectant Dad's Handbook*, tells Metro: "Society has changed to a point that they're expected to be present during childbirth."

Lucy Jolin, spokesperson for the Birth Trauma Association and mother of two, believes that it should be up to the couple to decide whether or not the man should be by a woman's side, but that ultimately, the father's presence isn't imperative.

"Obviously, the woman has to be happy with her partner not being there — otherwise, it's resentment. In many cases, the partner is very happy to be. But in some cases, that person may feel very uncomfortable. What you witness is someone that you love in a great deal of pain and sometimes it can be extremely bloody and disgusting. If a man is squeamish, you can't laugh that off," she says.

The hormones of labour and birth

If a man feels very strongly that he doesn't want to be there, and knows he will panic, then he could be more of a hindrance than a help.

"It's best for him to stay away because otherwise he's effectively bringing the adrenaline into the delivery room, which could be detrimental to the birth," warns Beaumont.

To explain why, we need to take a look at the physiology of birth.

"The birth hormone, oxytocin, is what gets the contractions going. But the enemy to oxytocin is adrenaline, a hormone produced by fear," he explains.

"So when you hear people talk about birth stalling or slowing, what normally is the case is that they've had a surge of adrenaline."

"This is because a labouring woman is very vulnerable, and once she picks up on her partner's fear, she'll worry and produce her own surge of adrenaline, which will then stall her labour," Beaumont adds.

The optimal birth: + trust = - stress

"What we want in the delivery room is a woman who is happy and relaxed. She can't be worrying about her partner passing out or throwing up."

"It's better to be on your own than with someone who doesn't want to be there," says Jolin. But sometimes it's a physical necessity to have someone else there should the birth not go to plan. "The mother may be unconscious or under heavy painkillers and in that case, she needs to be with someone she trusts. If that's not the man, it can be a close friend, a relative or a doula."

And ... the baby?

Will the baby sense if the father isn't there? Absolutely not, says Jolin. "Up until not so long ago, fathers were kept well away from the delivery room. It's not hugely damaging."

Beaumont agrees. "A baby's head coming through your wife's vagina can be quite extreme. You can be in the room, but there's no need for you to physically watch the birth."

A lesson in fixed vs. variable rate mortgages



Eighty-five per cent of those who bought a home in the past 18 months locked into a fixed-rate mortgage. ISTOCK IMAGES



YOUR MONEY
Alison Griffiths
money@metronews.ca

It's the talk of the town once again. Interest rates. Savers are praying for an increase while those in debt have their fingers tightly crossed that any rise will come oh so slowly.

The big issue for most is the mortgage. Variable used to win hands down over fixed rate when it came to saving money.

But as five year fixed rates sunk below three per cent and the spread between fixed and variable rates shrunk to less than 40 basis points or 0.4 per cent, locking in has been a no

In numbers

20

On average, Canadians expect to pay off their mortgages in 20 years.

brainer. There is little point in taking on the additional risk of a rate rise for less than half a per cent.

Based on the Canadian Association of Accredited Mortgage Professionals' recent survey, 85 per cent of those who bought a home in the past 18 months locked in, compared to 69 per cent of existing mortgage holders.

The appeal of the fixed rate will only grow with the

flurry of talk about impending interest rate increases. Already a number of lenders have nudged their five-year rate over three per cent. This could signal that the variable rate mortgage may start to become more appealing as the difference between it and the fixed rate widens.

According to canadian-mortgage-trends.com, consumer interest in variable rates increases when the spread between them and fixed rates is 100 basis points or one per cent.

It is easy to see why. Paying one per cent less on a \$200,000 mortgage keeps about \$2,000 after tax dollars in your pocket in the first year and saves nearly \$32,000 in interest costs

over a 25-year amortization.

Canadians choosing a fixed rate can enjoy the benefits of a variable rate simply by paying a bit more monthly.

On a \$200,000 mortgage an extra \$50 cuts two years off the life of the mortgage and saves nearly \$7,000 in interest costs. Or,

make a lump sum payment, amounting to the average tax refund of \$1,500, and the mortgage is gone in 21 years with interest savings of nearly \$15,500.

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Grilling: not just for carnivores

1. Heat a grill to medium-high.

2. Place tomatoes on large sheet of heavy duty foil. Drizzle with olive oil, then sprinkle with salt and pepper. Fold up edges of foil to create packet, then set on grill. Drizzle onion slices with oil, then add those to grill. Grill, covered, 10 minutes, or until the tomatoes begin to break down. Carefully turn on-

Ingredients

- 2 pints cherry tomatoes
- Olive oil
- Kosher salt and ground black pepper
- 1 medium red onion, thickly sliced
- 1 loaf (about 19 oz) sourdough bread, cut or torn into 2-inch chunks
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 1 cup shaved Parmesan cheese
- 4 cloves garlic, minced
- Zest and juice of 1 lemon
- Zest and juice of 1 lime
- 1 cup fresh basil leaves
- 1 cup baby arugula



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

ions once during cooking.

3. Once tomatoes and onions are done, remove from grill and set aside. Leave foil packet wrapped shut. Leave grill on.

4. Place bread in large bowl. Drizzle with olive oil, then sprinkle with garlic powder and smoked paprika. Toss well

to coat, then use tongs to place the bread on the grill. Cook, turning the bread pieces often, until lightly toasted, about 5 to 7 minutes. Return bread to the bowl. Add Parmesan and toss well until melted. Add the garlic and lemon zest and lime zest, then toss again.

5. Divide the bread mixture

between 6 serving plates. Open foil packet of tomatoes and spoon some mix and their juices over each plate. Divide the onions between the plates. Drizzle each serving with a bit of the lemon and lime juice and top with basil and arugula. Season with salt and pepper.

THE ASSOCIATED PRESS

Health Solutions

Watered down



NUTRI-BITES

Theresa Albert
DHN, RNCP
myfriendinfood.com

You know you are supposed to drink the darned stuff but water is so boring!

The myth that you need eight glasses each day is a bit arbitrary. Much depends upon how efficient your cooling system is (as in how sweaty you are) and some depends upon how much high water content (as in fruits and vegetables) foods you eat. Then there is how dry or moist your environment is and your fitness level.

That's way too many factors to pin a number, like eight, on. The bottom line is you have to check your pee. (Get it? Bottom line! What's a day without potty humour?) You want to drink enough to be sure it is as clear and uncoloured as possible.

Here are some ways to spruce up your water so it tastes better so you drink the stuff.

- Harvest spruce, pine or fir tips as they are pale green shoots. Crush three or four with a rolling pin and add to a pitcher of water. Let stand in the fridge at least an hour for a bright, lemony zing.

- Cucumber and lemon add a subtle, refreshing flavour to a pitcher of water. Simply slice and refrigerate.

- Herbal tea can be no cal and just as fabulous cold.
- Apple slices, cinnamon sticks and allspice buds can be topped with a pot of boiling water and then cooled in the fridge.

- Freeze any leftover berries in ice cubes and add to a glass of water.

- Sumac drupes can be soaked in a pot of water, filtered and refrigerated.

Theresa Albert is a Food Communications Specialist and Private Nutritionist in Toronto. She is @THERESAALBERT on Twitter and Found Daily at MYFRIENDINFOOD.COM



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- Proficient on both Mac and PC platforms
- Ability to prep files for print production, including file stuffing (.sitx, .sit, .sea, .zip) and FTP experience
- Professional, personable, approachable with great communication skills (both verbal and written)
- Ability to thrive under pressure in a fast paced, multi-faceted and deadline driven environment with strong attention to detail (typography, copy, grammar, layout, images, colour, etc)
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Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than July 5, 2013. PLEASE QUOTE: "Graphic Designer - Calgary in the subject line. All submissions will be treated as confidential.

CFL

Ticats trade for Diedrick from Als

The Hamilton Tiger-Cats have acquired Canadian fullback Dahrran Diedrick from the Montreal Alouettes.

The Als get a fourth-round selection in the 2014 CFL draft.

Diedrick is in his ninth CFL season, playing one year with the Edmonton Eskimos before spending seven with Montreal where he rushed for 853 yards on 169 carries in 110 games.

THE CANADIAN PRESS

Wimbledon

Serena's winning streak smashed

Serena Williams joined a growing list of marquee names eliminated early at Wimbledon. The defending champion and five-time Wimbledon winner failed to close out a see-saw third set Monday, dropping the last four games to Sabine Lisicki and losing 6-2, 1-6, 6-4 in the fourth round. The result ended Williams' career-best 34-match winning streak.

THE ASSOCIATED PRESS

Hockey

NHL edges toward Sochi deal

NHL players are just a slapshot away from returning to the Olympics next year.

While a deal wasn't reached between the NHL, the union and the International Ice Hockey Federation to send players to Sochi, a long meeting Monday pushed the sides much closer to an agreement. THE ASSOCIATED PRESS

Blue Jays red hot vs. Tigers on Canada Day

MLB. Scoring comes from an unlikely source as Dickey continues to knuckle down on batters

Mark DeRosa is the first to admit he isn't exactly an intimidating batter.

DeRosa, a 38-year-old bench player the Blue Jays added this season for depth, has been dealing with a sore neck and a slump at the plate in which he hadn't had a hit since June 18 against Colorado.

So when an injury forced first baseman Adam Lind out of the roster, DeRosa found himself filling in Monday. Even more unexpected was his No. 4 spot in the batting order.

But no one was more surprised than the Detroit Tigers when DeRosa launched a three-run homer — an exclamation point in Toronto's 8-3 victory against the American League champions.

"I've always been a guy who likes to work the ball the other way and it's been frustrating over the last couple weeks," said DeRosa. "You know, flying open, striking out and grounding out to short. Doing things that I pride myself on being a quality at-bat. Definitely hitting fourth was not on the agenda coming into the season."

DeRosa joked he told star Jose Bautista, who was hitting third in the lineup after slugger Edwin Encarnacion was pulled just before the game



Jose Reyes celebrates with Jose Bautista after hitting a solo home run in the third inning of the Blue Jays' game against the Detroit Tigers on Monday in Toronto. The Jays won 8-3. TOM SZCZERBOWSKI/GETTY IMAGES

On Monday

8

Blue Jays

3

Tigers

with left-hamstring soreness, to take off his shin guard at the plate and expect to be walked.

It ended up being no joke at all. The Tigers walked Bautista twice, and DeRosa made them pay in the fourth inning with his fifth homer of the season.

"Obviously you can't replace Eddie, you can't replace the way Lind swung the bat. I'm aware of that," said DeRosa. "But there's guys here that are capable of doing

things they have to to help us win."

DeRosa had plenty of help during a festive Canada Day game at Rogers Centre.

Shortstop Jose Reyes, who made his first appearance at home since April before he was put on the disabled list with a severely sprained left ankle, hit his second home run in two games.

Blue Jays knuckleballer R.A. Dickey (8-8), following up on his best outing of the season last week, was again solid against Detroit's intimidating batting order. He allowed two earned runs on six hits with four strikeouts through seven innings. THE CANADIAN PRESS

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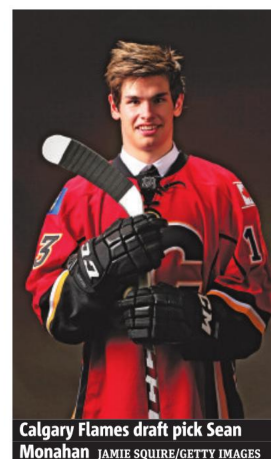
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Flames rebuild begins with picks

NHL draft. Sixth-overall selection Monahan expected to make immediate impact



Calgary Flames draft pick Sean Monahan JAMIE SQUIRE/GETTY IMAGES

The Calgary Flames are in full rebuilding mode, and their three first-round picks could play a major role in that process. That's their thinking after taking forwards Sean Monahan, Emile Poirier and Morgan Klimchuk in Sunday's NHL draft.

General manager Jay Feaster had opportunities to trade picks for immediate help, but it wasn't difficult to resist that.

"At the end of the day for us there were guys that they were a year or two years away from unrestricted free agency," Feaster said. "We're committed to the rebuild, and we talked about it as a management group and said it's not the right way to go about the rebuild in

terms of moving the picks for guys that are going to be UFAs."

Monahan, the centre Calgary took sixth overall, is most likely the closest of the three to being NHL-ready. Feaster has already had conversations with Monahan about making the

team next season.

"I want to play. That's my goal," Monahan said. "I want to play this year, and I think I can. I want to make an impact and I want to be a reliable player out there, too."

The Flames could use reliable players after trading winger Jarome Iginla and defenceman Jay Bouwmeester last season. Feaster's interested in trading Michael Cammalleri, too, and younger players are expected to fill those holes.

Monahan was the captain and leading scorer of the Ottawa 67's of the Ontario Hockey League, who went 16-46. He knows a thing or two about being part of a rebuilding effort like what's going on in Calgary.

"I'm looking forward to it," he said. "It's going to be a challenge and I'm always up for a challenge. I think I'm going to be a part of that team and help that team win, so it's going to be a fun time."

THE CANADIAN PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	50	34	.595	—
Baltimore	47	36	.566	2½
Tampa Bay	44	39	.530	5½
New York	43	39	.524	6
Toronto	41	41	.500	8

CENTRAL DIVISION

	W	L	Pct	GB
Cleveland	44	38	.537	—
Detroit	43	38	.531	½
Kansas City	38	41	.481	4½
Minnesota	36	43	.456	6½
Chicago	32	47	.405	10½

WEST DIVISION

	W	L	Pct	GB
Texas	48	34	.585	—
Oakland	48	35	.578	½
Los Angeles	39	43	.476	9
Seattle	35	47	.427	13
Houston	30	53	.361	18½

Monday's results

Toronto 8 Detroit 3
Tampa Bay 12 Houston 0
N.Y. Yankees 10 Minnesota 4

Sunday's results

Boston 5 Toronto 4
Tampa Bay 3 Detroit 1
Baltimore 4 N.Y. Yankees 2
L.A. Angels 3 Houston 1
Texas 3 Cincinnati 2
Oakland 7 St. Louis 5
Chicago Cubs 7 Seattle 6
Kansas City 9 Minnesota 8
Cleveland 4 Chicago White Sox 0

Tuesday's games

All times Eastern
Detroit at Toronto, 7:07 p.m.
San Diego at Boston, 7:10 p.m.
Seattle at Texas, 8:05 p.m.
Baltimore at Chicago White Sox, 8:10 p.m.
N.Y. Yankees at Minnesota, 8:10 p.m.
Tampa Bay at Houston, 8:10 p.m.
Cleveland at Kansas City, 8:10 p.m.
Chicago Cubs at Oakland, 10:05 p.m.
St. Louis at L.A. Angels, 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	48	34	.585	—
Washington	42	40	.512	6
Philadelphia	39	44	.470	9½
New York	33	45	.423	13
Miami	30	51	.370	17½

CENTRAL DIVISION

	W	L	Pct	GB
Pittsburgh	51	30	.630	—
St. Louis	49	32	.605	2
Cincinnati	47	36	.566	5
Chicago	35	45	.438	15½
Milwaukee	32	49	.395	19

WEST DIVISION

	W	L	Pct	GB
Arizona	42	39	.519	—
Colorado	41	42	.494	2
San Diego	40	43	.482	3
San Francisco	39	43	.476	3½
Los Angeles	38	43	.469	4

Monday's results

Miami 4 San Diego 0
Cincinnati 8 San Francisco 1 (6 inn.)
Washington 10 Milwaukee 5
Arizona at N.Y. Mets
Sunday's results
San Francisco 5 Colorado 2
Miami 6 San Diego 2
Atlanta 6 Arizona 2
Washington 13 N.Y. Mets 2
Pittsburgh 2 Milwaukee 1 (14 inn.)
L.A. Dodgers 6 Philadelphia 1

Tuesday's games

All times Eastern
Milwaukee at Washington, 7:05 p.m.
Philadelphia at Pittsburgh, 7:05 p.m.
San Francisco at Cincinnati, 7:10 p.m.
Arizona at N.Y. Mets, 7:10 p.m.
Miami at Atlanta, 7:10 p.m.
L.A. Dodgers at Colorado, 8:40 p.m.
Wednesday's games
Milwaukee at Washington, 6:05 p.m.
Philadelphia at Pittsburgh, 7:05 p.m.
San Francisco at Cincinnati, 7:10 p.m.
Arizona at N.Y. Mets, 7:10 p.m.
Miami at Atlanta, 7:10 p.m.
L.A. Dodgers at Colorado, 8:10 p.m.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Montreal	1	1	0	0	38	33	2
Toronto	1	1	0	0	39	34	2
Hamilton	1	0	1	0	34	39	0
Winnipeg	1	0	1	0	33	38	0

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Saskatchewan	1	1	0	0	39	18	2
Calgary	1	1	0	0	44	32	2
B.C.	1	0	1	0	32	44	0
Edmonton	1	0	1	0	18	39	0

Thursday's games

All times Eastern

Winnipeg at Montreal, 7 p.m.

Toronto at B.C., 10 p.m.

Friday's game

Calgary at Saskatchewan, 9 p.m.

Sunday's game

Edmonton at Hamilton, 5 p.m.

MLS

EASTERN CONFERENCE

	W	L	T	GF	GA	Pts
Montreal	9	4	2	27	21	29
New York	8	6	4	25	22	28
Philadelphia	7	5	5	27	26	26
Kansas City	7	5	5	23	17	26
Houston	6	6	5	19	18	23
New England	5	5	6	19	21	21
Columbus	5	7	5	21	21	20
Chicago	5	7	3	15	21	18
Toronto	2	8	6	14	21	12
D.C.	2	12	3	8	27	9

WESTERN CONFERENCE

	W	L	T	GF	GA	Pts
Salt Lake	10	5	3	27	16	33
Dallas	8	3	6	27	22	30
Portland	7	1	9	28	16	30
Vancouver	7	5	4	26	24	25
Los Angeles	7	7	3	25	21	24
Colorado	6	7	5	21	22	23
Seattle	6	5	3	19	17	21
San Jose	5	7	6	18	27	21
Chivas USA	3	10	3	15	31	12

Sunday's results

New York 2 Houston 0

Wednesday's games — All times Eastern

Montreal at Toronto, 7 p.m.
San Jose at Chicago, 8:30 p.m.
Vancouver at Kansas City, 9 p.m.
Philadelphia at Salt Lake, 10 p.m.
D.C. at Seattle, 10 p.m.
Thursday's games
Chivas USA at Dallas, 9 p.m.
New York at Colorado, 9:30 p.m.
Columbus at Los Angeles, 10:30 p.m.

Horoscopes

Aries

March 21 - April 20

Some things come easy to you but other things you will never master. With that in mind, don't be afraid to give up on something today if it doesn't feel right. It's no big deal.

Taurus

April 21 - May 21

You may not want to apologize about something but if refusing to do so puts a friendship at risk, it may be smart to swallow your pride and let them know you are sorry – even if you're not.

Gemini

May 22 - June 21

With the Sun opposing Pluto today, there is a lot of pressure on you. But it is essential that you don't let others see you are stressed. Act tough even if you don't feel in the least bit on top of things.

Cancer

June 22 - July 23

Everyone makes mistakes and in the greater scheme of things, your recent errors are minor, so stop worrying about them. Do something new today and make all the mistakes you like.

Leo

July 24 - Aug. 23

Not only is the Sun moving through the most sensitive area of your chart but it opposes Pluto today, so it may feel as if all your power has been drained. Take it easy.

Virgo

Aug. 24 - Sept. 23

Someone may not be showing you the respect you deserve but don't let it get to you. It is not what they do or say that matters but how you choose to react to it. Treat them with the contempt they deserve.

Libra

Sept. 24 - Oct. 23

You know what needs to be done, so why don't you get on and do it? Maybe it's because you sense you won't get any help at all. Relax, you don't have to do it all today.

Scorpio

Oct. 24 - Nov. 22

You may not get the support you need today. There is no point getting annoyed about it because the planets indicate your friends can't help even themselves at the moment, never mind help you.

Sagittarius

Nov. 23 - Dec. 21

You rarely avoid a fight but the planets warn you would be wise to back off in the face of someone's belligerence today. Let them have their say and act a fool. It's no loss for you.

Capricorn

Dec. 22 - Jan. 20

Pluto in your sign is opposed by the Sun today, which means you must be careful how you use your authority. Just because you have the power to make something happen does not mean you have to.

Aquarius

Jan. 21 - Feb. 19

If you have to choose between competing offers today, go for the one that makes fewer demands on your time and energy. At work especially, try to avoid anything that requires you to exert yourself.

Pisces

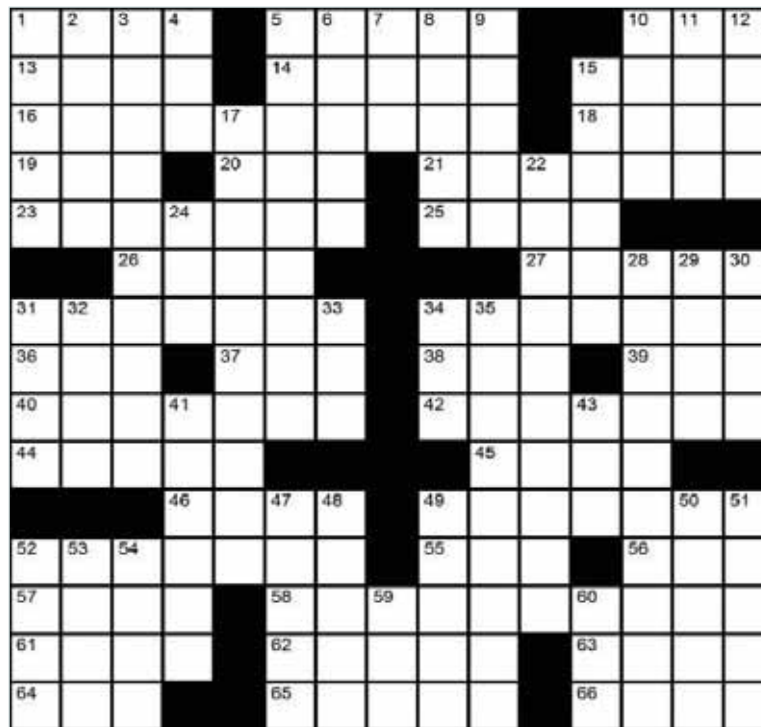
Feb. 20 - March 20

A project will come in for criticism today and you should listen and learn. However, having done so you must then make a decision and act on it. The last word must always be your own. SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Jennifer or Cynthia (Canadian actresses/sisters)
5. Mr. Kinnear's
10. Loud sound!
13. "Last one ___ a rotten egg!"
14. Convey
15. Musical finale
16. Country's Lady ___
18. Comb's comb-ee
19. Pecan
20. Papua New Guinea seaport
21. Shannen of "Beverly Hills, 90210"
23. Kid in "E.T.: The Extra-Terrestrial" (1982)
25. Singular of 'Inuit'
26. Goth/rock fans
27. Namesakes of Civil Rights activist Ms. Parks
31. Hindered
34. Toronto's Ed ___ Theatre
36. King, in Portugal
37. Actor, Daniel ___ Kim
38. "Either he goes ___ go!"
39. Comedy's Mr. Howard
40. "___ X" (1992)
42. Physicians
44. Edgar ___ Poe
45. Type of flatbread
46. Investment portfolio item
49. "Friends" character's namesakes
52. Canadian



- Snowbird Association member, perhaps
55. Men's deodorant brand
56. Coin of Vietnam
57. Desktop symbol
58. Suburbs area of Montreal: 2 wds.
61. Electrical resistance units

62. Made level
63. 50 Cent hit: "___ Club"
64. Lake temperature tester
65. Have a hunch
66. Broadway musical, Rock of ___

Down

1. Journalist Ms. Sawyer
2. Void
3. Alanis Morissette's is 'Jagged': 2 wds.
4. 'Legal' suffix (Lawyer-speak)
5. Instrument of government, The ___

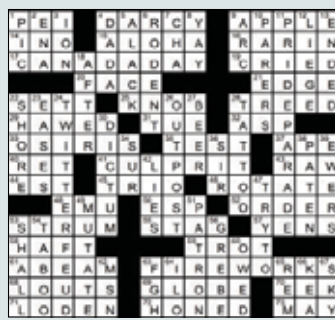
6. Get a new tenant
7. Ms. DeGeneres, to pals
8. Spanish architect, Antoni ___
9. Chef on ABC's "The Chew", Michael ___
10. 'Wild' animal
11. Mine entrance

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

12. SYTYCD judge Ms. Murphy
15. "Star Trek" role
17. O Rh Negative giver: 2 wds.
22. Severe storm systems
24. "___ Mine" by The Beatles
28. Montreal designer who is a Member of the Order of Canada: 2 wds.
29. Ancient stringed instrument
30. He's opposite
31. "___ la Douce" (1963)
32. Breakfast
33. Bill Clinton, e.g.
34. 1960s hipster
35. It gives PEI's soil its reddish colour: 2 wds.
41. Pioneer houses
43. Mai ___ (Cocktail)
47. Mr. Gingrich's
48. John ___ (Tractor company)
49. Pals
50. ___ (Spelled-out cable network)
51. Carbonated beverages
52. Donnybrook
53. Ontario's Bon ___ Provincial Park
54. Voluminous book
59. Earth's lightbulb
60. Irish coronation stone, ___ Fail

Friday's Crossword

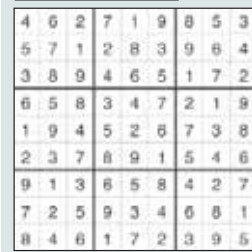


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Weather

TODAY

WEDNESDAY

THURSDAY



MAX: 32°
MIN: 18°



MAX: 24°
MIN: 16°



MAX: 21°
MIN: 21°



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